

## Buena Vista County

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### Community Health Needs Assessment Snapshot

#### Promote Healthy Behaviors

##### Problems/Needs:

- Buena Vista County has increased rates of colon cancer. BV Co rate of colon cancer is 29.2%/C.I., U.S. rate is 19.1%/C.I. Healthy People 2010's target is 13.7%. In Iowa, the rate of colon cancer mortality is 15.88 per 100,000 people; BV Co's rate is 16.37.
- Obesity rates continue to increase in BV County, the state of Iowa, as well as nationally. B.V. County's current obesity rate is 25.1% and 10.9% of our citizens have diabetes and 29.8% have hypertension.
- Buena Vista County has an increased the number of births to women under the age of 18. 2010 Kids Count Data Book indicates this trend is decreasing. Iowa has decreased its rate by 3% and the nation has decreased by 10%. Statistics from 2003 indicate our county's rate at 4.8%/C.I., while the U.S. rate is 3.4%.
- Buena Vista County has 18.4%/C.I. of pregnant women who don't seek care in the first trimester. This compares to the national trend of 16.0%/C.I. The goal of Healthy People 2010 is to decrease this to 10%.
- There is limited access to mental health assistance in Buena Vista County.

#### Prevent Injuries

##### Problems/Needs:

None identified

#### Protect Against Environmental Hazards

##### Problems/Needs:

- Poor quality of well water for those without the means to afford rural water.

## Prevent Epidemics and the Spread of Disease

### Problems/Needs:

- STD incidence has increased in Buena Vista County. The state rate of incidence is 371/100,000 people. BV's rate of incidence is 264/100,000.

## Prepare for, Respond to, and Recover from Public Health Emergencies

### Problems/Needs:

- None identified

## Strengthen the Public Health Infrastructure

### Problems/Needs:

- None identified

## Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
Decrease the colon cancer rate in Buena Vista County from 29.2% to 20%.	1. Collaborate with BVRMC to promote colon cancer awareness and begin to take action steps.	BV Co Public Health and BVRMC	Fall 2013
	2. Investigate grant opportunities for free or reduced cost colonoscopies.	BV Co Public Health and BVRMC	Fall 2013 to 2015

Goal	Strategies	Who is responsible?	When? (Timeline)
Decrease obesity rate from 25.1% to 20%	1. Develop a coalition interested community members and providers with an interest in promoting nutrition and physical activity.	BV County Public Health and Home Care and BVRMC	Fall 2011
	2. Develop strategies to address obesity in our county	Obesity Coalition	Spring 2012
	3. Promote programs such as Fit for Life, 100 Day Challenge, Let's Move.	BV County Public Health and Home Care and BVRMC	Fall 2012
	4. Find a program that addresses obesity in older Iowans.	BV County Public Health and Home Care	Fall 2012
	5. Partner with BVRMC to promote their wellness program to other businesses, "Simply Well"	BV County Public Health and Home Care and BVRMC	Fall 2012
	6. Visit with Community Ed regarding expanding the Farmer's Market to more days.	BV County Public Health and Home Care	Spring 2011
	7. Participate on the Storm Lake School Health Advisory Board	BV County Public Health and Home Care	Spring 2011 to 2015

Goal	Strategies	Who is responsible?	When? (Timeline)
Increase awareness in the county of mental health issues and improve knowledge and access to resources and treatment options	1. Develop a mental health planning committee to address concerns and solutions.	BV Co Public Health and Home Care	Fall 2012
	2. Revise County Resource Brochure	Elizabeth Huff	Fall 2011
	3. Distribute the new resource brochure throughout the county, utilizing physician offices, churches, civic groups, schools, etc.	Mental Health Planning Committee	Fall 2012
	4. Investigate additional funding for printing the brochures.	BV Co Public Health and Home Care	Fall 2011